

ALLIANCE FRANCAISE de CHARLESTON



NEWSLETTER Fevrier 2007

Mot de la Présidente

Nous vous souhaitons pour 2007 une Bonne et Heureuse année

The new year is already on the way.

The Epiphanie Celebration was a great success. I cannot thank enough Laura Beckstrom who opened her house in munificent way. She let us use her crystal , China and her beautiful linens. The weather was very cooperative and we were able to enjoy her deck and look at the moon while drinking wine and eating very good food. I also want to thank Gigi and Corinne for their great work on the Buffet. We are so lucky to have such a great amount of talent among our members.

Our “cine-Club” was also a hit with the projection of OSS 117... a lot of fun.

WE are working on an after school program for small children (It has always been one of my goals and dreams to start a program for children)

WE always need “new blood” on Our Board. Please call Gigi if you are interested to serve. WE will meet with you to find out what your field of expertise is.

It has been a pleasure and an honor to serve with my board and I want to thank all of you for a work extremely well done

Let's have a wonderful Year.

Notre boutique is open :

Alliance française SILK SCARF	\$120
French café CDs; Gainsbourg, Barbara, Enzo, Brassens, Birkin, Boogaerts, Bardot	\$17
French playgrounds CD (for small children)	\$17
Book of 12 Monet bookmarks	\$1,50
French notes book	\$5
Contact gigi at gsirey@hotmail.com	

AROUND TOWN:

It was not enough to celebrate l'Epiphanie once. We did it TWICE. It is important to the board members to contribute and bring French culture to the community. So, it was decided that each year, we would go to a different school and bring a whiff of French culture and what better than French food!

This year, Gigi joined Corinne at Wando and celebrated l'Epiphanie with the Wando French Club. It was a lot of fun for all who participated and we are looking forward celebrating next year with another school.

Un grand merci to Gigi who made and brought the Galettes!

Mistral will have a special evening for Mardi-Gras on February 20th. Celebrating New Orleans with a special menu, beignets, jambalaya, music and even costumes! Call (843)722-5708 for reservations. It should be quite a fun evening!

UPCOMING EVENTS

LA CHANDELEUR: Come and celebrate with us: Saturday, February 10th at the home of Maria et Nicolas Prouvost on Seabrook Island! **RSVP is absolutely required as your name will need to be called in at the gate to enter Seabrook. Members \$20, non members \$30. Invitation attached**

La Chandeleur (shahnduhluhr) ,a Holy Day in the Catholic Church, is celebrated each February 2nd. On this day, the Baby Jesus was presented in the temple 40 days after his birth as was custom. It also celebrates the purification of his mother, Mary. When Joseph and Mary arrived at the temple, Saint Simeon welcomed them and proclaimed that the baby was a "Light of the World". The name, Chandeleur, comes from the Latin, candelorum festum' which means festival of candles. Since the 7th century the day has been celebrated by a procession of the faithful holding lit tapers. The candles are blessed and lit at the church and the participants carry the candle home without the flame dying. This will assure a good harvest and prosperity for the rest of the year.

The tradition of eating crêpes on Chandeleur

It is the custom to prepare and eat crêpes on February 2nd and all through the Mardi Gras season. Why this particular day? It's a bit shrouded in mystery but many sources mention Pope Gélase I, who helped establish Chandeleur and whose custom it was to feed crêpes to the pilgrims who visited his church. The form and color of the crêpe also calls to mind the sun, which is returning after its winter sleep.

But it's not enough to just eat crêpes, there are a few things you must do while cooking the crêpes to insure your health, wealth and happiness for the coming year. While cooking the crêpes, hold a coin in one hand, with the other, flip the crêpe . . . and catch it while making your wish for the new year. If you catch it your wish will be answered, if not, dommage! Another way to insure good luck is to toss the first crêpe on an armoire and hope that it sticks. If it does stick, you have to keep it there all year and your harvest will be successful.



« S'il pleut a la Chandeleur, les vaches donnent beaucoup de beurre »

« If Candlemas be fair and bright, Winter has another flight;
If Candlemas brings clouds and rain, Winter will not come again “

Time to shake the winter blues and to come out!

Join us to celebrate Candlemas Day

At

Maria and Nicolas Prouvost's home on February 10th

6:00pm

1505 Lady Anna court

Seabrook Island, SC

Tel: (843) 243-0016

RSVP at gsirey@hotmail.com or (843) 276-5797.

Your RSVP is mandatory since access to Seabrook requires a pass.

CLUB NEWS:

Knitting Club



February 7th : Call Gigi at (843)276-5797 or email gsirey@hotmail.com

Pétanque



February 25th at 2:00pm at the Hampton Park Gazebo (the small one) .Everyone interested should contact Louis Herodote at louis.a.herodote@comcast.net



The cooking class will be at Gigi and Steve's in Kiawah on Sunday, February 18th. E-mail Steve if you are interested at horsleysteve@hotmail.com

members \$25 per person, non members \$35

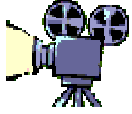
Our French classes:

Advanced class: at the Library Society on February 14th & 28th, 4pm. Contact Gigi at 768-7368 or gsirey@hotmail.com

Intermediate: at the downtown Library, Calhoun Street at 4pm on the 6th and 20th, at Beaner's Café (Publix Shopping Center-17 N) 7pm, on the 13th and 27th. Marie-Laure 884-5228 or Corinne 856-2787

Beginners: Thursday evenings. Nicole can also start a new beginners class for those of you who need to start from the very beginning. It would meet at 6pm on Thursdays at the West Ashley Barnes and Nobles. Please, contact Nicole directly at 843.797.7242

Classes are for members only. The fees are: \$20 for 1 person, \$10 for 2, \$7 for 3 and \$5 for 4 or more. **Private lesson:** \$25 Call Marie-Laure at 884-5228 or Marie_arnaud@S5A.com



Le français par les Films: The Pawley's Island Film Festival is coming up at the end of the month. We will post all the information as soon as we get the details on the exact dates and films presented. Josette has chosen, as always, recent films which have not been before and it is well worth attending!!!

The College of Charleston will also have a French Film Festival this month!

Therefore, we will not have our regular film as we know you will be busy attending NOT one BUT two French film festivals this month.

We shall post both schedules on the site as soon as we get a final update!



Bridge Club:

Afternoon Club: 2pm, Tuesday, February 13th at the Oakley's, 6 Council Street (downtown- off Tradd Street) For all information please contact Vicky Oakley at vmgoakley@yahoo.com

Evening Club : 6:30 pm, Tuesday February 27th at Steve and Gigi's on Kiawah. Please, contact **anthonybassett@bellsouth.net** for all information.

We plan to have 3 tables. Contact Tony if you want your name to be added to our list. Some homes can accomodate 4 tables!

La BELOTE: will be at Mistral on the 11th 3:30pm! Mistral is located on Market Street south, the club meets upstairs.



BOOK CLUB: Contact Philippe Arnaud at **arnaudp@muscd.edu** if you are interested in joining. We furnish the books and review them at each meeting which usually takes place the 3rd Friday of each month at 7:30 pm. On February 16th, the book club will take place at Philippe Arnaud's home.

A LAST WORD

Our Epiphany party was a huge success. Several of us got to be Queens and Kings for the evening. Merci infiniment to Laura Bergstrom for the generous use of her gorgeous home and for her Hospitality.

If you wish to contribute to the newsletter or share information of interest to our members, please contact Corinne at corinnemlls@yahoo.com

Les recettes de Steve:

OLIVES' OLIVES

Ingredients:

	Grated zest of ½ orange
	Grated zest of ½ lemon
2	Garlic cloves, minced
¼ cup	Fresh flat-leaf parsley, chopped
1 to 2 tablespoons	Fresh rosemary leaves, chopped (or 1 to 2 teaspoons dried)
2 teaspoons	Fresh oregano leaves, chopped (or 1 scant teaspoon, dried)
1 teaspoon	Peeled fresh ginger, minced
½ teaspoon	Fennel seeds
¼ to ½ teaspoon	Crushed red pepper flakes
1 teaspoon	Kosher salt
1 teaspoon	Freshly ground black pepper
4 cups	Assorted olives, such as Cerignola, Niçoise, Kalamata, Picholine or Arbequina
	Virgin olive oil, to cover

Mix first twelve ingredients and cover with the olive oil. Serve immediately or store in a sealed container and let marinate at room temperature for 1 month or refrigerated for up to 3 months.

ROASTED SWEET PEPPER AND ANCHOVY COMPOTE

Ingredients:

30 Flat anchovy fillets, drained (approximately three 2-ounce cans)

	Whole milk
6	Large, fleshy sweet red and/or yellow peppers
2/3 cup	Virgin olive oil
3/4 teaspoon	Fresh thyme, or 1/4 teaspoon dried
3	Cloves garlic, peeled and minced.
18	Fresh basil leaves, chopped
6	Fresh mint leaves, chopped
	Freshly ground black pepper
1	Baguette, sliced and toasted lightly

Preparation:

Prepare the anchovies: Place the anchovies in a small bowl. Add enough milk to cover and let soak for 20–30 minutes. Drain and pat dry.

Prepare the peppers: Place the peppers under a pre-heated broiler, over the gas flame of a cook top burner, or on a hot, pre-heated grill. Turn occasionally until the skin is blackened on all sides. Place the peppers in a paper bag, seal and allow to steam for at least 5 to 10 minutes. Rinse under cold water and peel off the black skin. Remove stems, cut open, remove core and seeds. Slice the peppers into 1/4– to 1/3–inch wide strips 1– to 3–inches long.

Heat oil in a heavy medium-sized skillet over medium-low to medium heat. Add the peppers and thyme, and simmer for 15 minutes.

Add the anchovies and stir with a wooden spoon until the anchovies have “melted.”

Remove the skillet from the heat and stir in the garlic, basil and mint. Season with freshly ground black pepper to taste.

Serve with toasted baguette slices.

2 to 2½ Cups

Source: Entertaining in the French Style, Roger Vergé, Stewart Tabori & Chang, 1986.

THREE-BEEF DAUBE

Ingredients:

6	Medium onions
6	Cloves
5 lbs	Beef, preferably 3 cuts from different parts of the cow, such as chuck, short ribs and rump
2 bottles	Sturdy red wine, such as Côtes du Rhône
1 bunch	Fresh thyme
5	Bay leaves
1½ teaspoon	Freshly grated nutmeg
3 tablespoons	Extra-virgin olive oil
	Salt and freshly ground black pepper
3 tablespoons	Tomato paste
2 lbs	Carrots, peeled and sliced into ¼- to ½-inch rounds
16-ounce	Can peeled Italian plum tomatoes in juice
8-10	2-inch lengths of beef marrowbones
3 ounces	Fresh fatback, cut into thin strips
4 ounces	Bittersweet (or semi-sweet) chocolate
	Grated zest of one orange
4 ounces	imported black olives, pitted

Preparation:

Peel, half lengthwise and slice 5 of the onions into ¼- to ½-inch slices. Peel and cut the 6th onion in half and insert 3 cloves into each half.

Cut the meat into 1- to 2-inch pieces

In a large pot, combine the meat, onions, wine, thyme, bay leaves and nutmeg. Cover and marinate at room temperature for 24 hours.

Strain and reserve separately the meat, the onions and seasonings, and the marinade. Remove the onion halves with the cloves from the onions and seasonings.

Brown the onions and beef – This is the most tedious and time consuming portion of the recipe. Plan for enough time to complete these steps properly.

Clean the pot, add some of the oil and heat over medium to medium-high heat. Add the onions and seasonings in batches, and saute 5 to 10 minutes. If the onions release a lot of moisture, strain again, return to pot and continue browning. When soft and browned as well as possible, transfer the onions to a platter and reserve.

Increase the heat to high and brown the beef in batches. Do not crowd. Brown each batch on all sides, only turning after each side is browned to ensure good caramelization

on all sides of each piece, perhaps 5 to 10 minutes per batch. Transfer each batch to a platter and season immediately with salt and freshly ground black pepper. The pot will accumulate a thick black residue on its bottom from the browning; when the marinade is added later, it will deglaze this residue, which will enrich the flavor of the daube.

Return the beef and onions to the pot. In a small bowl, blend the tomato paste with some of the marinade. Add to the pot, along with the rest of the marinade. Bring to a boil, reduce the heat, cover and simmer for 1 hour. Stir periodically and skim fat and other residue assiduously. This removal of fat and residue is critical to achieving satisfactory flavor and texture in the final product. Over the course of preparation, you will remove more liquid than you expect; add water if necessary.

Add carrots, tomatoes, marrow bones and fatback, stir and return to simmer. Cover and cook for 2 hours. Continue to stir periodically and skim fat and other residue assiduously.

Test the meat for tenderness. It should hold loosely together, but be tender enough to yield easily to fork pressure. Simmer as long as necessary to reach the desired tenderness. Continue to stir periodically and skim fat and other residue assiduously.

If the daube is not to be served immediately, allow it to cool thoroughly at room temperature, remove remaining fat and other residue, and cover and refrigerate until serving time. Scrape any remaining fat that has solidified on the surface during refrigeration. Reheat.

During the last 30 minutes of cooking, add the chocolate, orange zest and olives.

Remove the bay leaves and thyme stems. Season carefully with salt and freshly ground black pepper. Serve in warmed shallow soup or pasta bowls or plates, with boiled potatoes.

Serves 8-10

Source: Adapted from Patricia Wells at Home in Provence, Patricia Wells, Scribner, 1996.

CRÈME BRÛLÉE

Ingredients:

1	Extra-large egg
4	Extra-large egg yolks
½ cup, plus 6 tablespoons	Sugar
3 cups	Heavy cream
1 teaspoon	Pure vanilla extract
2	Vanilla beans
1 tablespoon	Grand Marnier
	Berries or other fruit for garnish

Preparation:

Preheat the oven to 300°.

Use a whisk or an electric or hand mixer just to combine the egg, egg yolks and ½ cup of sugar.

Heat the cream in a small saucepan until it is very hot to the touch but not boiling.

While steadily whisking or mixing the egg mixture, use a smaller utensil to SLOWLY add the hot cream to the eggs. Strain the mixture.

Split the vanilla beans lengthwise and scrape the seeds out with a knife. Stir the vanilla seeds, the vanilla extract and the Grand Marnier into the egg/cream mixture.

Divide the mixture among 6 6– to 8–ounce shallow ramekins. Place the ramekins in a baking pan and carefully pour boiling water into the pan halfway up the sides of the ramekins.

Bake for 35 to 40 minutes, until the custards are set when gently shaken. Remove the custards from the water bath, cool to room temperature and refrigerate until firm.

To serve, sprinkle approximately 1 tablespoon of sugar evenly on top of each ramekin and heat with a blowtorch until the sugar caramelizes evenly. Allow to sit at room temperature for a minute until the caramelized sugar hardens.

6 Servings

Source: Adapted by Gigi Sireyjol from Barefoot in Paris, Ina Garten, Potter, 2004.

LES RECETTES DE MARIE-LAURE

Fricassee de Poulet aux deux vinaigres

8 pieces of chicken or 1 poulet entire decoupe

3 Tablespoons Olive oil and 3 Tablespoons of butter
1/3 cup champagne vinegar, 1/3 cup red wine vinegar, 1/3 cup white wine
1 cup chicken bouillon
1 cup heavy cream, 1 cup tomato sauce
2 shallots, salt, pepper
1 pound of mushrooms

Rub with chicken with salt and pepper

sauté chicken in butter and olive oil for 5 minutes, turn chicken and cook for 5 more minutes and put them on a plate. Deglaze the pan with the 2 vinegars, wine, add shallots.

Simmer, return the chicken and cook for 15 minutes.

Add tomato sauce, heavy cream, sliced mushrooms and bouillon. Cook for 15 more minutes.

If the sauce is too liquid, add a tablespoon of butter mixed with 1 tablespoon of flour.

Serve with pasta or rice

Gateau de foies de volailles a la moelle

1 pound of chicken liver
4 Bone marrow (Simmer them in chicken broth for 10 minutes)
Nutmeg, salt and pepper
3 whole eggs and 5 yolks
½ liter of milk

In mixer : chicken livers, mix for few seconds, add marrow, salt pepper, nutmeg, add eggs.

Mix with milk

Rub the pan with garlic and butter. Pour mixture

Cook on double boiler in the oven for at least 1 hour.

Unmold

Serve with tomato sauce or Sauce Nantua

Tomato sauce

In a pan sauté 1 onion, 2 cloves of garlic with 4 Tablespoons of olive oil. Add stewed tomatoes (fresh or in can), puree them, add thyme and bay leaves. Simmer for 15 minutes

Souffle au Grand Marnier

Melt 2 heavy Tablespoons of butter, add 2 heavy tablespoons of flour, . add ½ liter of milk very slowly

Add 1 cup of orange juice, the zest of the orange and 1 small glass of Grand Marnier.

Pour mixture in a buttered pan.

Cook for 45 minutes in the oven at 300

With this meal;
Beaujolais
Light Bordeaux

BON APPETIT !!!



Wando French Club Epiphany celebration

